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There are five components of physical fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiovascular fitness.

Overall, the amount of time spent walking at work on an average work day (in minutes) is higher for men (6.0 hours per week) than women (3.2 hours).

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Adult physical activity - NHS Digital

digital.nhs.uk : statistical : health-survey-for-england : 2024-part-2 : physical-activity

Como qualquer outro produto, o preço do Geekstoy pode ser influenciado por aspectos como a marca, a qualidade dos materiais, a complexidade do produto, etc.